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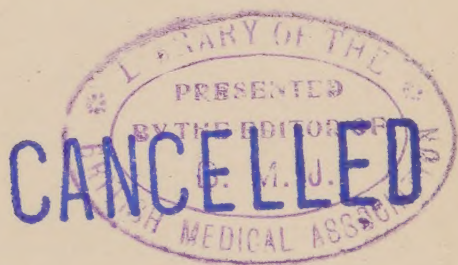
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PREFACE

IN writing on the subject 'Health for the Middle Aged' I have endeavoured to avoid as much technical language as possible, so that I may be the more easily understood. This little work is not written for the medical profession, but entirely for the layman. It must not therefore be considered as a strictly scientific contribution to literature. The views expressed therein are, for the most part, my own, and possibly they may not agree with those of some members of my profession. But they are the outcome of many years' experience amongst all classes of people, upper, middle, and lower, and private and hospital patients.

I have to thank my friend and colleague, Mr. Bishop Harman, for many valuable hints and suggestions as to the scope and level of this little work.

Mr. King of the Equitable Life Assurance Society has also kindly revised and criticised the actuarial figures in the introductory chapter.

S. T.

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HEALTH FOR THE MIDDLE AGED

INTRODUCTION

THE chief desire and object of the vast majority of adult men and women is doubtless to attain old age. It is true that, in early life, self-preservation is a predominant sentiment; and it is equally true that, in adult life, preservation of the species is one of the, if not the, most marked characteristic of all living beings, whether man or animal. We observe this when the young appeals 'by action or by cry' to its parents for protection; and equally so when we recall how the parent affords, or attempts to afford, that protection, even at the risk or loss of his or her life.

But putting sentiment on one side, my object in discussing 'Health for the Middle Aged' is to show how it can be best preserved, and how life can be most prolonged, at a period when mental activity is at its matured stage, and when responsibilities are most onerous.

The question naturally arises, 'What period of a man's life should be considered middle aged?' Southey, a celebrated London physician, who flourished in the middle of the last century, and who was in many respects ahead of his time, estimated that middle age should be regarded as the period between 49 and 63, and this is probably a fair estimate, though some observers would be inclined to allot the two decades 40 to 60 as embracing that period. In favour of the former period I would point out that, owing to improved knowledge of sanitation, diet, and other factors conducive to health, the expectation of life has risen one, if not two, years during the past quarter of a century. Hence middle age is somewhat longer in arriving, and extends to a later period. Certain diseases which at one time were common are now almost unknown. Life is more robust than formerly. Men past their prime age (63) are still bodily active and mentally alert. But having arrived at mature age, say 45, the chances of death are during the next ten years considerably increased, as compared with the mortality during the ten years 30 to 40.

It is not my wish to weary the reader with complicated tables of statistics; but in order to emphasize the foregoing statement, I have prepared

figures from a reliable source, which show that out of 1000 people of both sexes living between 30 and 40 years old, 67 deaths (about) may be expected during the year, as against 70·5 deaths per 1000 in people between 40 and 50.

The following table, though not absolutely correct, shows, to a close approximation, the expectation of life at the period under discussion, in healthy males : 1—

$45 + 23\frac{1}{2} = 68\frac{1}{2}$	$54 + 17\frac{1}{2} = 71\frac{1}{2}$
$46 + 23 = 69$	$55 + 17 = 72$
$47 + 22\frac{1}{3} = 69\frac{1}{3}$	$56 + 16\frac{1}{4} = 72\frac{1}{4}$
$48 + 21\frac{1}{2} = 69\frac{1}{2}$	$57 + 15\frac{1}{2} = 72\frac{1}{2}$
$49 + 21 = 70$	$58 + 15 = 73$
$50 + 20\frac{1}{4} = 70\frac{1}{4}$	$59 + 14\frac{1}{2} = 73\frac{1}{2}$
$51 + 19\frac{1}{2} = 70\frac{1}{2}$	$60 + 14 = 74$
$52 + 19 = 71$	$61 + 13\frac{1}{4} = 74\frac{1}{4}$
$53 + 18\frac{1}{4} = 71\frac{1}{4}$	$62 + 12\frac{1}{2} = 74\frac{1}{2}$
	$63 + 12 = 75$

The ' expectation of life ' has been carefully estimated by expert actuaries. It really means the average number of years which all healthy persons of the same age will live. A large number of lives, say 1,000,000, is necessary for this computation to

¹ Healthy women after about the ages 30 to 35 live, on the average, one or two years longer.

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be made, else error and fallacy might appear. For example, a healthy man of 45 will be expected to live about $23\frac{1}{2}$ years, i.e. to $68\frac{1}{2}$. A man of 57 will be expected to live $15\frac{1}{2}$ years, i.e. to $72\frac{1}{2}$, and so on. It must not be supposed that every healthy man of 45 even will live to $68\frac{1}{2}$, or that every one of 57 to $72\frac{1}{2}$. One, or more, of them will die in one year, and the mortality will increase in certain increasing ratio for every subsequent year. But as some will survive to 80, and a few to 90, or even longer, the average duration of life is thus adjusted, and the figures in the foregoing tables are approximately correct.

A rough and ready rule-of-thumb calculation of life expectation for persons under 65 is to be made as follows: deduct a given man's age from 80 and take $\frac{7}{10}$ of the result as the answer. Thus, take a man's age as 55, then $\frac{7}{10} \times (80 - 55) = 17\frac{1}{2}$. This assessment is not actuarially correct, but it is sufficiently near for an ordinary estimate.

A man who is not quite sound in wind and limb, or who inherits a family tendency to disease or to short life, is said to be an 'impaired,' or a 'bad' life; and the extra risk incurred by the Life Office in issuing a policy to such a man is compensated, or covered, either by 'loading' the life, or by compelling him to pay all his premiums or instalments

within a certain number of years less than the expectation of his age.

The first plan (loading) is enforced when a man aged, say, 40 is asked to pay the premium of a man aged 47 : in other words, he is ' loaded ' 7 years. He may, in the judgment of the medical adviser to the Life Office, be loaded still more heavily, according to the view taken as to his prospects of longevity.

In the second instance, a man of, say, 50, who would ordinarily be expected to pay at least 20 yearly premiums, may be asked to pay the amount of those 20 premiums in 10, 12, or 15 years, according to the extra risk which is estimated by the medical referee.

Occupation and method of living have a great bearing on the longevity of a man. It is a well-ascertained fact that of the professional classes the clergy live longest. They are, as a class, sober, and contented with their small incomes ; and knowing what those incomes are, they do not attempt to give lavish displays, and therefore are without the worries of meeting the cost of such extravagances. On the other hand, the publican follows a dangerous trade, and the length of his life, on the average, falls short of that enjoyed by people in less hazardous occupations. The same remark applies, though from entirely different causes, to architects, veterinary

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surgeons, workers amongst explosives, butchers, and others.

Again, those occupations which entail great anxiety and worry are not conducive to longevity ; and unless some compensating circumstances exist, the risk to an office in insuring such lives is enhanced, and has to be paid for by some form or other of ' extra ' or ' loading.'

A really ' bad ' life is one which cannot be insured by any premium, except by those offices which transact large business with unhealthy or damaged lives, and which quote special rates. They are thus able, by the law of averages, to make it profitable. Chronic alcoholism and certain forms of heart disease are examples, amongst many, of ' bad ' lives.

It will thus be seen that the duration of life will be influenced by disease, by occupation, by environment. It is also influenced by heredity, that is to say, whether a man's immediate ancestors were weakly, or diseased, or short lived only. This is known as ' family history.'

Cancer is not inherited, or at least not inherited to the degree that was formerly supposed. But a man, sprung from a consumptive father or a consumptive mother, and more especially if both parents were consumptive, would be expected to become a

victim to the disease, though by no means necessarily so now.

I cannot better explain the chances of longevity than by quoting the words of the late Dr. Pollock. 'The life which is protected from vicissitudes of fortune, by a fair provision for daily wants, which has occupation for mind and body, without undue strain or the necessity for hurry, and who has daily exercise in the open air, combined with a moderate amount of sedentary work, is the best risk.'

In the time before reliable records existed, there was no general belief that a centenarian ever had existed. According to Owen, the anatomist, the statements in Genesis as to the ages of Seth, Enos, Mahalaleel, and Methuselah 'do not square with the laws of Nature.' Even if we estimate the 'year' of the Old Testament as being equivalent to one month only of our time, the ages to which these patriarchs lived can only be placed amongst the miracles.

It is by no means my experience that the largest and the apparently strongest men live longest. Life assurance records show that those with small bony frames and weak muscles survive longer than their more robust contemporaries. Wesley's factors conducive to longevity were (1) faculty for sleep, (2) care in not losing a single night's sleep, and (3) an even

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temper. But above all these I should place the influence of inheritance. The longest livers, other things being equal, are the offspring of parents who lived to very great old age; and if this tenacity of life has existed for two, or better still for three, previous generations, then a man or woman, with such an ancestry, may also be expected to attain very old age. As some one has pithily said, 'It is better, so far as longevity is concerned, to be the child of a robust burglar than of a consumptive bishop.'

The majority of mankind inherit, not so much disease or diseases, but a liability thereto. Tubercle is not found in the newly-born babe of consumptive parents; but such a child does inherit a great receptivity for the disease. The soil is there, all that is required is the seed. And seeing that we all, or the vast majority of us, breathe or drink, or otherwise receive the germ into our systems, at some period of our lives, we should die prematurely were it not for the opposing forces of a sound constitution with healthy surroundings.

But it must not be assumed that no diseases are inherited. Syphilis may be an inherited disease, though in a mitigated form in most instances. Again, atheroma (a senile degenerative change) of the arteries

may be found in young children, whilst it may be absent in some old people. As Sir Clifford Allbutt has truly said, 'All persons dying of an inherited disease, die of age, though their years be few.'

Life, therefore, is really the vital spark in a suitable environment.

Doctors cure only a few diseases, though they can arrest the progress of many.

According to Dr. Southey, quoted previously, middle age is pre-eminently the period of new growths; tumours, cancers, and the active inflammatory changes are not so marked as in early life. But venous engorgements and gout are more manifest. In women, hysteria, nervous irritability and instability, and insomnia, though possibly unknown to them in early youth, may now become factors which seriously undermine health and shorten life. In both sexes, changes, denoting wear and tear, may now become obvious in the blood-vessels; and the greater the changes, the older the sufferer, no matter how few summers he or she may have seen. Or, to put it tersely, as a French physician has done, 'A man is as old as his arteries.'

There is a continual decay in some parts of our bodies, from the cradle to the grave; and in many instances it is a natural course of events. And,

during the same period, there is also continual reproduction ; but for the most part this is pathological, that is to say, related to disease. And if such disorders as insanity and epilepsy are inherited (' in the family,' as the saying is), medical experience teaches that these ailments must not only be looked for, in the majority of instances, in the offspring, but the incidence or outbreak of these diseases will occur in or about the same period of life as it did in the parents. It will thus be seen what an important problem is here placed before the public on the question of fitness for marriage—a problem in which not only is the individual concerned, but the State also.

Middle age is really a critical time both in a woman's and in a man's life.

The woman has arrived at that period when the reproductive powers have disappeared, with rare exceptions. But she may now show changes in her nervous system which were never before expected. Her temper may become irritable and peevish. Little troubles which were formerly easily put aside, are now unduly magnified, and she may become gloomy and morose. Happily these conditions are the exception rather than the rule : but bearing in mind the tendency thereto, it would be well for all women, especially during the early half of the sixth

decade (50 to 55), to have as little mental worry as can, with ordinary care, be provided for her.

The man also requires to take precautions which were not necessary in his earlier days. He is still, or should be, fairly active ; but his activity should not be allowed to unduly strain his muscles. His appetite is still good, but he now requires to curb it, as his waste, or output of energy, is diminished, and is diminishing, with every year after 50, and he should know it, or not knowing it, he had better be firmly told. But singularly enough, whilst a woman's dangerous period is at or about her fiftieth year, a man's danger age-zone is at or about 60. It is a common idea, and there is much truth in it, that a large number of men having passed through middle life without any ailment of serious character, die round about the age of 65, and that should they survive to 65, their prospects of long life, extending to 80 or to 90, are much enhanced.



DIET—FOODS

IT is by no means uncommon to hear a middle-aged man or woman express admiration of, and desire for, the appetites and digestions of their growing boys and girls.

They forget, or they do not know, that food in great quantity, which is necessary to a quickly growing frame, is not required for a person who has reached and passed the period of his or her natural growth of bones and muscles. And their desire for the keener appetites of youth is, in most instances, merely a lust for eating. A corpulent town-dweller may envy the natural keen appetite of the farm labourer, who is content with, and relishes, his mid-day dinner consisting of boiled beans and bacon. But the labourer has earned his relish for food by hard muscular work in the open air ; whereas the town-dweller has probably only walked, or it may be has ridden, a mile to his place of business. The two conditions are so wonderfully and essentially different ; and the bodily requirements of the two men are widely at variance. The one requires food to

repair wear of tissue ; the other desires food for the pleasure of eating, and his bodily wants being well supplied, the stomach refuses to respond to merely a sensuous desire. Repletion does not necessarily mean nutrition. You may at a single meal have eaten too much proteid, or too much fat or starchy food.

But before going further, it would be well to make some remarks on food and food values. Man with all his intelligence and reasoning power, is singularly ignorant about his food. It is true that the labourer, should he have a garden of his own, will always cultivate a row or two of broad beans. He appears to know, almost by instinct, that he is thus supplying himself cheaply with a valuable and nourishing food. His richer neighbour is rather more concerned about the asparagus bed, or the sea-kale pots, the contents of which, delicious though they be, cannot compare in nutritive value with a row of beans. The food value of the one vegetable appears to be almost an inherited instinct in the labouring classes ; whilst in the richer classes the palate rules rather than the constitution.

Now no matter where we dine, we eat portions of four great groups of food-stuffs, all of them necessary for the maintenance of human life and strength. Should we dine at a palace, we should

have presented to us the identical food, chemically speaking, as we have at home, though possibly better cooked and served. If we share a navvy's basin of victuals, he has contained therein exactly the same constituents ; but, no doubt, not of such good quality, and more coarsely cooked. These constituents are (1) Albumen (proteids), (2) Fats, (3) Starches and Sugars, (4) Salts, and (5) Water.

Representatives of the Albumen group are found in the flesh of all animals (beef, mutton, fowl, fish, game), also in eggs, cheese; and in the vegetable kingdom, peas, beans, lentils, etc.

The Fat group is represented by butter, suet, lard, dripping, and oil, whether animal (cod's liver) or vegetable (nuts).

The Starch-Sugar group is represented by potatoes, bread (which also contains some albumen), rice, sago, tapioca, arrowroot, oatmeal, macaroni, sugar, syrups and jams, honey, etc.

The Salts (sodium, potassium, lime) are obtained from vegetables, fruits, table salt, and some mineral waters.

Water is taken in the form of tea, coffee, and the ordinary water supplied on the table. Wines, beers, and spirits also contain it, as also do fruits and most vegetables.

Thus it will be seen that the requisite food-stuffs may be found in a sandwich, the outside covering of which is bread (3), smeared with some fat, which is often euphemistically called butter (2), within which is a layer of beef, mutton, ham, fish, or cheese (1). If a sprig or two of water-cress and a pinch of salt be added, we have now before us a requisite meal, wanting only the accompaniment of a glass of water, or a cup of weak tea or coffee.

No one of the above groups of food-stuffs can alone support life. We are not carnivora or herbivora ; but we require a mixed diet, with a certain proportion from each group. Our teeth and our gastro-intestinal canal teach us this, no matter what faddists, who as a rule are profoundly ignorant of the elements of anatomy and physiology, say to the contrary. And as inhabitants of this country we must have a due amount of animal food. The vigour of our race, as a whole, sufficiently proves this. In support of this statement we have only to witness the stunted, puny frames of children of the poor, whether in town or country, and compare them with the large, roomy frames of the children of richer parents who have been able to afford a heavy butcher's bill.

But it is in middle age that a man may injure his health by eating. At that period he probably has

the means to gratify his desires for rich foods. As a younger man he may have had the same desire, but he has enjoyed the protective effects of exercise and of rapid tissue growth. At fifty exercise is probably spasmodic only, and normal growth has ceased some time back.

What amount of these various food constituents is necessary to keep a middle-aged man in good health? The answer is given in the following daily menu: but it must be borne in mind that the man taking active bodily exercise in the country may consume a little more liberally, whilst a woman will require less.

Breakfast.—(1) One, or at most two, rashers of bacon, one egg, three slices of toast, with marmalade, and a large cup of tea; or (2) fried small sole substituted for bacon and egg.

Mid-day Meal.—Four ounces of beef, or mutton, or poultry, or game, two ounces of green vegetables or salad, a portion of cheese, with stale bread, and a pat of butter. One glass of sound ale.

Tea.—A cup of tea (*au lait*) and a dry biscuit.

Dinner or Supper.—No soup. Four ounces of fish, two slices of toast, stewed fruit with custard. A glass of light wine such as Chablis or Moselle, or a glass of light ale.

Now this will be considered by most of my readers

as a spare, or even a Spartan, diet sheet. But it is enough ; and it will, other things being equal, keep a town-dweller in good health and strength. As Professor Starling tersely puts it, ' The quantity of food to keep an adult man in health, with weight stationary, is represented by that amount which is sufficient, after absorption, to supply the daily output of energy. The output will vary considerably with his state of muscular activity.'

The bricklayer, and the navvy, and the agricultural labourer will require more than the above allowance. Likewise the young Hercules, who is a rowing or a football ' blue,' requires more and much more food. His skeleton is not yet completed : some of his bones have not yet got over their cartilaginous stage. But for the Apollo on a bank stool, or in an office, the above dietary, or its equivalent, should suffice.

An excess of fats, starches, and sugars leads to obesity, with strain on the heart and blood-vessels. On the other hand, an excess of protein food (butcher's meat, fish, fowl, game, etc.) is equally wrong, as it predisposes to changes in the kidneys and in the coats of the blood-vessels. True it is that some peculiarly disposed people never get fat, no matter what, and how much, they eat ; whilst others can

never keep down their 'too, too solid flesh,' notwithstanding a very scanty dietary. In each instance there is some peculiarity, possibly some fault, in their internal chemistry which is difficult and probably impossible to explain. The carnivora, in their wild state, never become fat, however much food they consume. The herbivora have rounded barrels, and their interiors are lined with fat. Man, an omnivorous animal, should be able to strike the medium between obesity and the 'lean and hungry' figure.

As a rule, therefore, we eat too much, and to the detriment of our health, as well as to the shortening of our days. A penance at Harrogate, or at Carlsbad, is eloquent testimony to a year's sins at the table. Even on a visit to an hotel, the tendency is to eat more than we want, or desire, for fear we should not have 'our money's worth.'

Much has been written on the subject of cookery. But a *chef* in a private house or club is really a dangerous person, so far as health is concerned. He cunningly prepares dishes which tempt us to eat, even when the body is not requiring food—when we really have no appetite for food beyond that spurious craving which is stimulated by a carriage drive or by sensuous pleasure derived from the palate. Why should the lusts of the belly have a literature to itself?

The raw food materials of this richly endowed land of ours are so good, so tender, so succulent, that they really require no 'artist' in the dressing of these foods for the table. A simple dish, carefully and cleanly dressed, be it roast, or fried, or boiled, or stewed, is all that is required for health and strength. On the other hand, a cookery book, telling us how to cook, say a fowl, with its directions to add a little bit of this, a seasoning of that, and a flavouring of something else, ought never to be consulted by healthy people who wish to retain their health. In a sick-room you may admit a treatise on cookery, in order to tempt the jaded appetite of a man recovering from a long illness. It may then often take the place of the doctor's prescriptions.

Some years ago I was consulted by a corpulent man who had a labouring heart and early signs of diabetes. He paid his cook a larger salary than he paid his secretary. Unfortunately for the patient, some artistic ability that he possessed he turned into a wrong channel, with a result that he was kept in prison for eighteen months. There he was carefully weighed and measured, and given certain light, manual labour, with a diet which, compared with the one written above, was more than scanty. Yet at the date of his liberation, he was a different man.

His figure was within due proportions, his shortness of breath all gone, and he exhibited no signs of his former ailment. We all can apply this lesson in dietetics to heart, even though we be at liberty.

One constantly sees stout, middle-aged people, of both sexes, walking before breakfast in the parks, or 'titupping' in the Row. Then they, in many instances, return home and eat inordinate breakfasts, and imagine that such regimen has done them good. These people, or some of them, ride and walk in order to eat more than is good for them, and the exercise has really done them more harm than good. Let the exercise be taken, by all means, but the subsequent large meal throws an undue strain on the heart and blood-vessels, which, in many cases, they cannot bear. Breakfast certainly should be a good meal, and a man who cannot eat his breakfast is under suspicion. But it should not be a larger meal than is necessary. A woman should only consume about eighty per cent. of the amount of food that a man requires, and there is no doubt that many ailments of middle age are due to over-feeding, as well as to deficient muscular exercise. In women especially the excess of carbo-hydrates (starches and sugars) which they eat, is the cause of unwieldy bulk. A middle-aged woman who studies her figure and values

her health cannot allow herself full indulgences of the table. Over-eating and a slim figure are not usually compatible. The albumins are the necessary food elements, and after these come the fats. But in every case we should only consume as much as we require, not the amount we wish.

Men again who are total abstainers from alcohol are often eaters to excess, and pride themselves upon it. They should be reminded that there is as much danger to the middle aged in the knife and fork as in the glass. If a too free indulgence at the table produced the same effects on our powers of walking and of speech as does a too free consumption of alcohol, the police and the magistrates would with difficulty find the day long enough to get through their work.

A city banquet, or a long dinner in a west-end mansion, is a great trial, no matter how vigorous the digestion may be. Think of it! Oysters, rich soup, fish, game, joint, poultry, sweets, etc. If one carefully studies such a menu on the morrow we must know that overnight we had consumed enough food to keep the body in action and vigour for at least four days. Therefore we should do a dietetic penance on the day after such an excess, and limit our diet to, say, one egg, with some tea and toast, and some

fresh fruit. We shall live to enjoy more dinners if we do. The express engine which hauled the heavy train to Manchester some few years back, cannot do so now, though its wheels and taps are still fairly sound. This once powerful machine is still doing excellent work in side lines, where there is no strain on its mechanism. But, and here is the point, the stoker is less prodigal with the coal, else certain tubes and valves, once quite sound and secure, will corrode and leak.

I may remark here that an ice in the middle of a dinner is an abomination. It stays digestion, since all proteids require to be raised to a temperature of 100° before the digestive process begins. It is not a little singular that this innovation should appear at banquets given by medical men.

To a man of middle age, who is finding himself getting too stout, short of breath on slight exertion, and a poor appetite, though he still may eat too much, I recommend a weekly fast. Let him abstain from food, and only sip a little water, acidulated, if desired, with lemon juice, during twenty-four hours, and he will be greatly surprised at the result.¹ A fast may be recommended 'as well for the body as the soul.'

¹ An advertised remedy for obesity is really concentrated lemon juice.

But when required, it should be a real fast. No eschewing this, and making up for it by taking a double portion of that dish. It should be a real twenty-four hours' fast. And, further, it should not be followed by a feast. I have known cases where serious injury to health has followed a religious fast which ended with a heavy banquet. The stomach at times will not bear such a sudden strain. Start the machine again gradually. Too much fuel may only cause a strain on the machinery, with no progress of the vehicle, but probably some injury to the mechanism.

But do not imagine that a large banquet, such as a public dinner, is always harmful. On the contrary, it is often beneficial, as it affords an agreeable change of diet, and a cheerful company in pleasant surroundings. Such changes, provided that they do not occur too often, have beneficial results. But the feast should be followed by a fast. It is better for a fast to follow a feast than a feast to follow a fast. A season of feasts calls for a cure at some Spa, and even then the damage done to the kidneys, liver; and blood-vessels is not always repaired.

Therefore be abstemious in eating, and bear in mind that you require some of each of the four groups of foods. The starch-sugar group is the most

difficult to digest, and it causes indigestion and obesity if taken to excess.

As regards obesity, which is a much more dangerous condition than is imagined, it is a good rule to remember that the abdominal girth should not exceed the chest girth at the nipple. If it does, it should be regarded as being the green flag of caution. Unfortunately many men neglect this signal, and only consult a doctor when it is at danger. The mortality tables of American and Canadian Life Assurance Companies show conclusively that 'the relative mortality of those with large abdominal girth is greater than the already heavy mortality found to exist among the general body of those of corresponding weight.' ¹

It should always be remembered that a spurious appetite is created by mental exertion and excitement. The 'theatre supper' is evidence of this, and is catered for by the hotels and restaurants. But if the middle-aged man or woman wishes to awake refreshed on the morrow, he or she will be careful only to eat such a light supper as will easily be digested, and no more than is required by the slight amount of tissue waste which has taken place since the seven o'clock evening meal.

¹ *Journal of Institute of Actuaries* (April 1914).

A supper dance is a different affair. Here, besides the mental joy of the waltz, there is often the strenuous romp of the square dance ; for it must not be thought that vulgar dancing is confined to Belgravia, or refinement only met with in the suburbs.

Care should always be taken in chewing the food, especially those foods which belong to the starch-sugar group. Beef, mutton, fish, game, and poultry do not require so much mastication, though the digestion of this group will be facilitated by being broken up by the teeth. But for bread, pastry, potatoes, and other starchy foods, it is necessary that they should be thoroughly chewed, not only for the crushing process, but especially that they should be completely mixed with the saliva, which has an important, nay essential, action on the starches necessary for their perfect digestion. Therefore a bolted meal is an undigested meal, and if your natural teeth are deficient, your money will be well spent in purchasing an artificial set.

The ruminants, eating as they do a large amount of starchy food, spend hours in chewing, nature teaching them the necessity thereof. On the other hand, the carnivora merely tear their fleshy meal with their teeth, and promptly swallow it, but

apparently with no ill effects. Man is omnivorous, and hence proper chewing is a necessary process.

The quick 'lightning' lunches, scanty though they may be, are injurious, and should be avoided if health has to be considered.

It would now be well to explain the different food requirements to maintain a middle-aged person in good health ; and also to show how any excess in the various food-stuffs is not only injurious to health, but actually tends to shorten life. It must be remembered, however, that the following remarks chiefly apply to men of the middle and upper classes who are engaged in daily occupations of trade, profession, or the affairs of State. The man who gains his livelihood by muscular exertion, and especially he who toils heavily in the open air, requires more food, and can, with impunity, eat more than even he probably requires. His comparative poverty and scanty earnings are, however, a safeguard against excess ; and herein he has grounds for envy and congratulation if long life and health are one's main considerations. A woman will, as stated before, require less than a man.

Foods.—The body is nourished, replenished, and restored by Nitrogen, Carbon, Oxygen, and Hydrogen. There are some other elements, such as Iron,

Sulphur, etc., but the percentage required of these is very low, and they are easily supplied by certain vegetables and fruits, and even by the potable water of many localities.

Let me therefore speak, say, of the man who follows his occupation or gains his living in the city. Suppose that he is 5 ft. 8 in. in height and weighs 12 st. 8 lb. He has not much excessive waste of muscular energy, unless he walks to his office, or is constantly running up and down stairs. Motor vehicles and lifts (elevators) rob him of much exercise that he should undertake; and he is obliged to make up for this loss by taking exercise, often too violent, on the river, or the tennis lawn, or on the golf-links, at the end of the week.

This man gets rid of, throws off, wastes, or expends, chiefly through the channels of the kidneys and the bowels and the lungs, about $\frac{3}{4}$ oz. of Nitrogen, and about thirteen times as much ($9\frac{1}{2}$ oz.) Carbon, per diem. He will obviously have to replace this loss, or he will, unless very stout already, rapidly lose health, and ultimately become bankrupt in muscular strength and in brain power. How can he restore the balance? How can he keep his bodily machine working smoothly and efficiently? On the other hand, what precautions must he take to avoid

damping down the furnace with too much fuel, or clogging the wheels with too much grease, which may be of a corroding character?

The proteids are the chief, in fact practically only, food-stuff from which we can replenish this waste of Nitrogen. They are spoken of as nitrogenous foods, and are of vital necessity to man and animals. We should die without them, since we cannot receive, absorb, and assimilate Nitrogen from the air or from other media. The commonest proteid foods are beef, mutton, fish, fowl, game, eggs, cheese; or in other words, we obtain proteids from the juices of every animal, or their products, which we eat. Proteid is also contained in peas, beans, lentils, and pulse of all kinds; and to a less degree in wheat, rice, oats, and other cereals.

But some are richer in proteid than others. Lean beef, for instance, contains more than wheaten bread; fish or poultry more than oatmeal or rice. Hence a man living chiefly on, say, beef, is eating a food too rich in proteid, and requires less in weight than of, say, rice, which is comparatively poor in proteid. But he also requires a large amount of Carbon, and this is supplied in bread, biscuit, potatoes, and the like. Hence economy is effected by eating mutton with bread, or fish with potatoes, or beef

with biscuit. Many other common instances of an economical combination of dietetic forces could be mentioned, but these will suffice.

The horse obtains its proteid material from beans, peas, and oats ; and man could subsist on the same if properly cooked : but our powers of digestion would require to be considerably modified and strengthened if we were restricted to this dietary.

That severe muscular exercise can be performed, and health maintained, by what we should call a scanty diet, is proved by the ration of rice and fish of the Japanese soldier in the field, and the dried sausage ration of the German soldier, who marches under a heavy load. Besides the requisite amount of proteid and starch, these rations contain a due supply of fats and of mineral constituents.

Some amusement was afforded the medical profession, a year or two back, by articles which appeared in the lay press on the training diet of certain oarsmen. This crew was training on eggs ; that crew, on the other hand, placed more confidence in rump steaks, and so on. Both were really consuming the same food from a dietetic point of view ; and it was really a question as to how many eggs were the equivalent to so many pounds of lean beef.

Fat, in some form or other, is a necessary and

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valuable food. No matter whether it be butter, cream, suet, lard, dripping, margarine, or oil, it is fat all the same. And the particular fat which we consume will vary according to our tastes, and also to the depths of our pockets.

Fats contain about seventy per cent. to eighty per cent. of Carbon ; and as Carbon is necessary for nutrition, and also for the repair of our tissues, it is essential that in some form or other we must digest the fat as well as the pure proteid of, say, lean beef. The butcher sends a sirloin with its attendant suet ; birds, whose flesh contains very little fat, are served, or cooked with bacon ; fish is often fried in oil or in butter. Other examples can easily be recalled to mind.

Fat is also useful in maintaining the body temperature, but chiefly by its being deposited in the various tissues and organs. It serves, therefore, as an extra garment, and is more required in cold northern latitudes than in warmer climes. Hence it is better tolerated in the bracing country than in towns. But we can easily consume too much of it, and as it is deposited in our tissues, especially in our abdominal walls, and the organs contained therein, it tends to promote obesity, unwieldiness, and lethargy, if taken to excess. Even then it does not

cause so much strain on our heart and blood-vessels as does an excess of nitrogenous foods, and its chief danger is in promoting obesity. Thus a man becomes older than his years, and fails 'to keep young' as long as he should.

Two ounces of fat per diem should suffice. Those who are too stout already will be wise to cut down even this allowance of fatty food to a minimum. He should avoid roast goose, liver and bacon, greasy muffins, and the like. Let him learn to eat asparagus without melted butter ; salads with a sparing amount of oil.

Much then can be done to reduce obesity by observing simple rules of diet, and it is necessary for his health and longevity that a fat middle-aged man should observe a strict dieting. Fat people, as a rule, live shorter lives than do thin people, other things being equal. The extra exertion of the muscles, and consequent strain on the heart, which are results of fatness, must in time have deleterious effects. Consequently an obese man is always charged a heavier premium by a Life Assurance Office than is his leaner brother. And should, by chance, any serious surgical operation be necessary, the fat man's chances of recovery are less than those of a thin one.

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As regards the carbo-hydrates (sugars, starches), an ordinary town-dweller should only require 13 or 14 oz. daily, though a labourer will require more ; and he may consume as much as a pound weight of it. This he generally does in the form of slabs of bread, liberal portions of potatoes, puddings, sugar, and possibly jam or treacle. In a measure carbo-hydrates may be likened to the coals, or heat-generators in a furnace, and the labouring engine requires more coal energy than one working at low pressure.

The danger in eating too much carbo-hydrates lies chiefly in the acute indigestion which they cause in middle life. The child can consume them liberally and digest them easily ; but not so the man whose activity is impaired, and digestion somewhat enfeebled. It is no argument to say that the negro child has sound digestion and magnificent teeth, even though he revels in the sugar-cane plantation. This child is in an almost wild state, and his daily fare of other foods is scanty. And besides all these, his youth is on his side, allowing him to consume larger quantities of sugar with impunity.

The most fertile cause of dyspepsia is that due to increased acidity (hyper-acidity) of the stomach engendered by starchy and sugary foods. Heart-

burn, eructations, waterbrash, are symptoms which denote this. Some of the most obstinate cases of indigestion are found in Scotsmen and others who make oatmeal their staple diet. It is so comparatively poor in proteid, that an undue amount has to be eaten in order to obtain the necessary nutrition, and in this way starch is taken to excess.

And it is not only indigestion which makes the sufferer's life almost unbearable, that is the only serious sequel of too free indulgence in carbo-hydrates. He has consequent mental irritation and an inability to produce his best brain work. He also tends to become a victim to gout, or to rheumatism, with its crippling, or even fatal effects. His teeth become embedded in crust (tartar), and soon decay or fall out. Some dentists assert that many of their patients are men or women of middle age who habitually consume a large quantity of sugars, chocolates, or other sweets. Such foods lurk between the teeth, and set up 'decay' unless the mouth be effectually cleansed. Hence it is an excellent plan to use the tooth-brush, with some alkaline dentifrice, on retiring to bed.

All these precautions may appear superfluous to some people ; but they are not really so. Civilization is accountable for many ills which are unknown to

man in his savage state. We are much affected by environment. We cannot, or only comparatively few can, live a really natural life. Consequently we must make the best of our surroundings, and eat only such foods, and even these only in such quantities, as we require and can digest. The pleasure of over-eating may be very dearly purchased ; not only by illness and enfeeblement, but by premature death.

And it must not be supposed that transgressions of diet are confined to the poor and lowly, or the ignorant. Men and women of education, and with refined homes, are probably the most frequent transgressors. Their wealth, their position, and possibly their duties, compel them to entertain, and to be entertained lavishly. But in many instances they pay very dearly for it, though many survive.

Hence many fat people of both sexes may reduce their bulk to due proportion, and so recover health and prospects of longevity, by a careful attention to their food. But this attention must be even and continued. It must not be supposed that a man can, with impunity, take a 'cure' during August or September, to renew his transgressions during the ensuing twelve months. The sins of the body do not so easily obtain absolution.

Now let us return to our city man, and inquire of his

usual mode of living. He may have had for breakfast, fish, or bacon and eggs, with toast, butter, marmalade, accompanied by tea or coffee. He arrives at his office, probably by train, or by omnibus ; he works hard at his desk ; and at one o'clock he partakes of a generous lunch comprising chop, steak, fish, or other good foods. At five o'clock he enjoys a tea meal with buttered toast, or muffin, or a slab of sugary cake. His subsequent dinner may consist of rich soup (a solution of the proteids of beef, or mutton, or fowl), fish, joint, sweets, cheese, and possibly fruit. His bodily waste or expenditure does not require all this pabulum ; for he has had little or no exercise, and Saturday afternoon comes only once a week. He is in a different position as compared with the bargeman, the navvy, or even the golf professional. He has eaten too much, and probably has been doing so for the past twenty years, to the detriment of his own health. The only people who have gained are the butchers and the provision merchants, who have made competence, if not fortune. The profits of a busy restaurant, leaving out the expenses of rent, service, etc., must be enormous. The charge of half-a-crown for a meal of cold beef, bread, cheese, and salad is exorbitant to a degree. But the wrong demand keeps up the price. Blame

should be laid at the door of the consumer rather than of the restaurateur. A Briton has a firmly rooted opinion that he is benefiting himself by eating large meals. The common saying ' he does himself well ' proves this. But if he only had even a rudimentary knowledge of physiology and dietetics, and applied such knowledge, many eating-houses would close their doors. As it is, their numerous clients are injuring themselves by consuming more food than is necessary. I am speaking of the middle-aged man, and not of the still growing youth of twenty summers.

What then becomes of this extra and unnecessary food? The various organs of the body which are concerned in digestion and elimination strive their utmost to cope with this extra strain; and it must be admitted that they strive with success in most instances, and for many years.

But the time comes, sooner or later, and whether sooner or later will depend on environment and other modifying influences, when the various organs of the body begin to show modifications in structure, in secretion, and in action. The kidneys do not now perform their functions properly. Albumen is found in the urine. The liver becomes enlarged and sluggish. Signs threatening diabetes reveal themselves,

and a cure at Harrogate or at Carlsbad is imperative. But especially do the heart and blood-vessels show premature signs of age and decay. The man becomes stout and short of breath. His heart gets enlarged, and possibly its valves become incompetent. His blood-vessels are thickened and brittle. They may be compared to perished rubber tubes. They become degenerated, as it is called, or in other words they show signs of age beyond his years. It is thus easy to understand how a sudden emotion, or a profoundly exciting episode, together with an enlarged heart pumping violently, may lead to bursting of a blood-vessel—either as a violent nose-bleeding which will probably do good instead of harm, or the leakage of an artery in the brain ('stroke').

Now it must not be supposed that this gloomy picture is descriptive of every middle-aged man who habitually over-eats. Tenacity of life is a very well-marked feature in most people, and many men survive frequent or regular transgressions at the table. On the other hand, many die, or become diseased in early life, especially if they inherit certain conditions predisposing to disease. But one thing is clear to all physicians of experience, viz., that over-eating is a potent cause of disease and premature death. The Irish peasant subsisting on scanty fare

lives to a vigorous old age. The Bulgarian tiller of the soil, with a diet of sour milk, cheese, and rye-bread, survives to almost patriarchal age.

I remember the remark of a wealthy old gentleman who lived to ninety-six, who said that he always made it a rule to leave the table feeling that he could have eaten more than he had done. There was wisdom in his dictum. When a certain patient, who was an enormous eater, complained that I had cut down his diet sheet, and quoted the python and the lion as animals which habitually ate to repletion when opportunity presented itself, he showed some ignorance of the natural lives and internal chemistry of these creatures. He failed to observe that such heavy feasts were periodic only, and that they were followed by somnolence and inactivity and prolonged fasts.

If you wish to keep your horse in health and condition, you order him so many feeds of corn a day and no more, though probably he could eat twice as much. Let us apply this to ourselves. Too much food can only be tolerated with safety by regular and fairly vigorous muscular exercise. This cannot, as a rule, be obtained by a town-dweller. Consequently if his intake of food, whether nitrogenous, fatty, or starchy, is in excess of his expenditure, or

waste and wear, he must, in time, become a victim of his surfeit, and he will accumulate much waste matter, which will be distributed in the various organs of the body and its blood-vessels. The blood is the carrier of all these waste products, and they are left in the arteries, the kidneys, the liver, and even in the brain ; just as a water heavily charged with lime coats a boiler or a pipe with what is commonly called ' fur.' A month of restricted and well-ordered diet, with purgation, such as may be obtained at Harrogate quite as well as at Carlsbad or Homburg, will work wonders in restoring the proper balance between expenditure and income. But it must not be supposed that such treatment can allow a man to return to his old faults as soon as the ' cure ' is over. He has not only been corrected and repaired, but he should also have been admonished not to offend again. A building which shows signs of weakness in its structure cannot always be repaired, buttressed, and underpinned.

On the other hand, a man may do himself harm when, with mistaken notion as to vegetarianism, or with desire to keep thin and spare, or when from necessity he takes food too small in quantity or too poor in quality. His powers of resistance to cold, exposure, and to certain debilitating diseases are

diminished, and he may succumb when others survive. Though I have tried to preach moderation in eating, it must not be thought that I advise a starvation dietary. On the contrary, it is well known to me that those people best recover from a serious illness who have enjoyed a generous dietary short of excess.

Fruit is a requisite article of diet. We consume less of it in this country than we should. Not only do the various juicy fruits contain many of the salts which are requisite for our internal economy, but we obtain by the action of their acids much digestive help, especially after eating the richer and greasier dishes, such as pork, goose, beef, sausage, etc. We instinctively eat apple sauce with some of these dishes.

Apples, indeed, are an excellent fruit, in whatever state they are eaten. Probably the best way to eat them is in an uncooked state. A raw apple, eaten at bed-time, or on rising, not only has a stimulating effect on the liver, but has a distinctly cleansing and disinfecting action on the teeth. It is thus more useful than a defective tooth-brush.

Raisins have much sustaining power, and may be consumed with great advantage during a long journey, when there is the probability of enforced

abstinence for some hours. The possible injury of a fast followed by a heavy meal is thus avoided.

Bananas are also to be commended in similar circumstances ; and as they are easily digested, and contain some nourishing qualities, they will especially appeal to those whose digestions are somewhat feeble.

But all ordinary fruits of the market are useful in preserving health, provided they are eaten in their varying seasons, and are sun-ripened.

The strawberry in June and July is an excellent and useful fruit, exerting beneficial action on the various digestive organs. Much unjust suspicion rests on this delightful berry on account of its supposed 'goutiness,' and thoughtless statements have been made as to the risk of its consumption. There is, so far as my experience goes, no more risk in eating a plate of ripe strawberries than in eating poultry or game, and some medical men even forbid the latter food for gouty patients. The chief danger in eating strawberries occurs when they are consumed out of season, or when insufficiently ripened by the sun, and especially if they are accompanied by an unnecessary amount of sugar. It is true that some few individuals cannot digest this fruit. But they

are exceptional and probably peculiarly constituted persons who cannot digest such a dish as curry, or such a vegetable as a radish. For these few people such delicacies may have to be forbidden. But to the man of ordinary digestion the strawberry is a wholesome fruit, correcting many functional disorders of the stomach.

Similar remarks apply to tomatoes. The association of tomatoes with cancer is a myth, and has no foundation on clinical experience. The tomato is a valuable blood tonic, and should be made even more popular than it is.

Oranges, again, have much medical value, especially during the spring and early summer. The middle aged would do well to eat this fruit in preference to puddings and sweets. They have a reputation for warding off influenza. They are certainly a pleasant and useful remedy during the acute stage of that disease.

Uncooked vegetables are not without some risk, unless they are carefully washed. A loathsome parasitic disease may be acquired from eating salads, water-cress, and other vegetables which have been produced from gardens too near large towns.

A similar danger lurks in uncooked meats, whether beef, fish, or pork. The eating of smoked and un-

cooked sausage, fish, etc., is a barbaric custom, although some civilized people still indulge in the practice.

Oysters, as has been proved by many physicians, may convey typhoid fever ; but the risk, owing to careful supervision, has greatly diminished of late years. Cooking will, however, render them not only harmless, but beneficial. If consumed raw, any danger is lessened as the winter advances. Therefore, if you have any doubts or fears, do not eat oysters in September and October, but wait till December and January, when frosts shall have occurred. Any danger is then at a minimum.

Mussels, whelks, and other ' shell-fish ' of low degree should only be eaten after careful inquiry. They may produce acute poisoning, taking the form of extensive swelling of the face and tongue, a condition which is more than dangerous to stout and middle-aged people

ALCOHOL

ALCOHOL is not a food. It is true that in small quantities, properly diluted, it has a slight nourishing property, but this virtue is speedily exhausted. Beers and stout contain more food than do spirits and wines ; but in the former drinks, the food value is represented by the starch in its altered forms which they contain.

On the other hand, alcohol has some value in the economy of the body, notwithstanding the assertions of many people who have no knowledge of the principles of dietetics, or of surgeons who have no great experience in the treatment of cases of debilitating illness. Again, quoting Professor Starling, ' its (alcohol's) value as a diet is due to its stimulating the appetite by taste and smell '—a factor which should not be entirely lost sight of when a doctor is called to treat a man threatened with, say, consumption.

Nevertheless, those whose chief desire is to live in good health, should be careful, and not casual, in the taking of alcohol. All the good that alcohol may produce in the occasional glass of wine, or tankard

of sound ale, will be counterbalanced by the profound destructive effects that it may have on the organs and tissues, when it is taken to excess. And few people appear to know what excess really means, though they may never be intoxicated. Let me give some examples of useless drinking or excess. A bargain, begun on the mart, is concluded with a bottle of champagne ; the sale or purchase of shares is completed at a bar, with liqueurs ; a victory at golf is celebrated with cherry-brandy. All these events seem to many of us to call for alcohol. They may occur three or four times a week, or as many times a day, and the attendant alcoholic consumption may never cause 'drunkenness,' in the ordinary acceptance of the word. Yet this careless drinker is slowly undermining his health ; he is blunting his mental acumen, and he is lessening his muscular activity, and probably shortening his life.

Some explanation or elucidation is necessary on the latter statement. The moderate drinker of alcohol, in the vast majority of instances, is not doing himself much harm. It is possible that he might live a year longer if he were a total abstainer. The man whose expectation of life is sixty-five may survive to sixty-six, and he whose death, from an insurance point of view, may be looked for at seventy-nine, might

survive to eighty, had he been a total abstainer. But it is by no means certain that the figures put forth by total abstinence societies are reliable. As the *Lancet* says, 'It is clear that insurance statistics cannot be regarded as furnishing any legitimate ground for the assertion that the moderate use of alcohol is injurious to health, and the attempt to represent them as proving such a statement can only do harm to the cause of true temperance.'

But even admitting the slight prolongation of life in the total abstainer, is it cheaply purchased? He misses some of the enjoyments of society and the intercourse of companions. He is apt to become didactic and imperious, and he tends to beget enemies instead of friends. He poses as a 'superior person,' and would, if allowed, become tyrannical, even to moderate drinkers. His sin is eating too much, but he thinks this is a virtue, and is thankful that 'he is not as other men.' But I question whether the mental output of such a fanatic is of better quality, or even so good, as that of most moderate consumers of alcohol; and if so, though he may see one or perhaps two more summers, the product of his work is not of such high pecuniary value. Consequently one of the prime objects of longevity (benefit to others) is lost.

On the other hand, we read of, and some of us have known, men of whom it has been said that they never went sober to bed for the last twenty or more years of their lives, and who yet lived to old age. These are exceptional human beings, and the probability is that they would have lived still longer had they been temperate. And further, such cases, like those which I have encountered, were probably not breadwinners during the latter halves of their existence. Their mental processes were too slow, or too blunted to earn a living, and they subsisted on annuities, or on the savings of others.

Therefore be moderate in consuming alcohol. Do not take it simply because it is on the table; but enjoy a glass when proper occasion and demand arises, and be thankful.

It should be remembered, however, that beers and malt liquors should not be taken by a man after he has attained the age of forty-five, or only taken occasionally before or after good muscular exercise. Malt liquors tend to produce obesity and unwieldy bulk, thus throwing extra strain on the muscles and the heart. They also must be forbidden to any one who is rheumatic or who is gouty. The same interdiction extends to champagnes, sparkling Moselles, and in short to all fermented liquors.

Cider is probably an exception to this rule. I have known many men who, though leading somewhat sedentary lives, have suffered no ill effects from drinking cider in moderation. In addition, it does not appear to produce gout or rheumatism. This is an advantage in those who are predisposed to these diseases, and yet who feel that they cannot get on without some form of alcoholic stimulant.

Spirits and liqueurs are specially dangerous, and herein lies much of the present day danger in the consumption of alcohol. Distilled spirits, whisky for the most part, have now taken the place of the beers and wines of our grandparents, and the results are more than harmful to the community. Good whisky, freely diluted, is not very injurious if taken in moderation. But Londoners and town-dwellers generally are very poor judges of whisky. So long as certain products of the still have a special name and a properly decorated bottle, people seem eager to drink the spirit. And yet I have no hesitation in saying that much of the spirit sold as whisky is the vilest stuff ever poured down a man's throat. Good whisky is to be obtained from reliable merchants, but bad and impure whisky also finds a more ready sale. Most of my patients who have suffered from the effects of alcohol have been spirit drinkers,

and inferior whisky has claimed the majority of these.

The wealthier classes appear to consume champagne in preference to the lighter wines. Here again much rubbish is on the market and is deleterious. Fashion seems to decree that champagne should be drunk at restaurants during dinner or supper. And, strangely enough, a man will willingly pay ten, twelve, or fourteen shillings for a bottle of questionable champagne, when for half the money he could buy a bottle of the finest Claret or Chablis.

I can only repeat that in any quantity alcohol is a powerful poison, and some forms of alcohol are especially toxic. But if good wine or spirit is taken sparingly only, and in due season, it will not materially shorten life ; whilst on the other hand it will enhance the joy of living.

Now alcoholic excess does not necessarily mean drunkenness, in the ordinary acceptation of the term. Many men of middle age daily consume too much alcohol, and yet do not appear to be cognizant of their transgressions. They belong to a class which may be labelled 'careless drinkers.' Let me give an example. A man of fifty years consulted me about certain signs and symptoms which could only be produced by alcohol. Yet he indignantly denied

excess. But let my reader judge for himself when I mention as follows the usual daily amount of alcohol which my patient consumed. Whisky in the forenoon over some bargain. Gin and bitters before lunch. Whisky and soda (occasionally two) at lunch. Two whiskies and sodas, and a glass of port wine at dinner. Two, and sometimes three, whiskies after dinner, when playing billiards or bridge. Total, six whiskies at least (equivalent to twelve ounces, or more than half a bottle) a day, and possibly more. Add to these a liqueur and a glass of port wine, and it will easily be seen that my friend was exceeding the limit of moderate drinking. Yet his nearest friends assert that they had never seen him the worse for drink. Still his health was being slowly undermined, and his life will be shortened unless he cuts down his alcoholic consumption to at least a fifth of the amount which he has been consuming carelessly, with apparent indifference to his health. He would be better were he a total abstainer, and I am hoping to gain him over to this view, as he is manifestly a danger to himself.

Here is also a picture of another class of cases. A burly giant, the idol of the crowd on the tow-path, or the cricket or football ground, is spoilt by his success. Friends delight to congratulate him,

smack him on the shoulders and drink his health. He participates in this last function, and so acquires a habit of careless drinking—but he is never drunk. Then when he retires from the athletic arena, he rapidly grows stout ; no one appears to caution him as to his continued transgressions, and he dies about fifty, lamented by every one who knew him.



TOBACCO

IT has been stated above that the total abstainer from alcohol possibly enjoys a slightly longer life than does the moderate drinker. Statistics are also shown, though they do not appear to be free from suspicion of fallacy, that the non-smoker enjoys a similar degree of longevity as compared with a man who smokes in moderation. Now the middle age appears to be the period when a man most enjoys his tobacco, and also when the weed is most useful to him. A distinguished physician once wisely said to me, 'The good things of this world are few and far between : therefore why take away the solace of tobacco from a man unless he has some condition or disease which actually forbids its use ? ' Some men, it is true, smoke to excess, but the alarming diseases of the heart and of the eyes which are constantly pointed out by non-smokers are really comparatively rare.

Tobacco smoking has many advantages. It soothes the irritable man, and therefore lessens the wear of his nervous system. It assists his digestion,

and in many instances it effectually regulates his bowels. It allows of prolonged muscular action. It assuages bodily pain, and lessens the strain of mental anxiety. A non-smoker is rarely a companionable man, and often suffers from diseases produced by some bad habit which the smoker does not possess.

But here again moderation is the principal point to be observed. Some men smoke cigars, and strong ones, all day long. They can only do this with immediate risk in middle age ; and they may, by such excess, so injure the muscular tone of the heart, that should they acquire bronchitis, or other inflammatory disease of the respiratory apparatus, in later life, their chances of recovery are diminished.

The pipe is the best vehicle for tobacco, and the German type is the one most to be recommended. In this form, the bowl is an offshoot, at an acute angle, to the stem, with a portion of the tube prolonged below the bowl, so as to receive the juices and the saliva. Such pipes always afford a cool smoke, and therefore the danger of a hot jet of tobacco smoke against the side of the tongue is greatly lessened.

The cigarette is to be condemned. The cigarette habit is a pernicious one. The victim thereto begins

his smoking almost before he is out of bed. He smokes in the bathroom (public or private) and often in his bath, leaving 'fag-ends' and ashes on the floor, and even in the bath itself. No sooner has he had his lunch than he again lights a cigarette, though his neighbours on his right and his left may be non-smokers, or even may have not yet finished their meals. He smokes in the public dining-rooms, though a room set apart for smokers is only a few paces away. He leaves his wife or his lady companion in the stalls of the theatre, whilst he goes to the lounge for a cigarette. I have not yet seen a cigarette smoked in a place of worship, but it is suggested that it might be allowed in a theatre.

Now this man not only forgets his manners, but he is doing himself harm if the cigarette habit should persist through middle age. The fact that he has never finished smoking from morn to eve must have a deleterious effect on the strongest constitution. The pipe-smoker is satisfied with one pipe, or perhaps two pipes, and then he puts the bowl aside. But the cigarette smoker is like the dram-drinker, who is never intoxicated, to outward appearances, but still goes on drinking, or rather soaking. This man dies in middle age from the effects of alcohol on his liver or some other organ. And I have observed that the

cases of ' tobacco heart ' which I have met with have not been amongst the pipe and the cigar smokers, but in the cigarette votaries. I cannot speak authoritatively on tobacco-blindness (tobacco amblyopia), but I am assured by an oculist of high repute that cigarette smoking is a fertile source of this disaster, and simply because the victim appears to have never finished his smoking from morning to night. He pursues you with a silver case, imploring you to smoke, not so much from hospitality, as from a desire to satisfy his own unhealthy craving, and as an excuse to join in the revel.

He is now in a somewhat similar condition to the opium-eater, and the sooner he recognizes the danger he is in, the better for his health and his pocket.

Another danger in cigarette smoking is inhalation. It is a habit easily acquired and is a harmful one. The advent of irritating smoke, charged with nicotine, to the delicate passages and recesses of the lungs is distinctly injurious, though soon tolerated. Inhalation remedies, even when ordered by the doctor, should not be continued when their necessity has passed off.

It should also be known that some of the worst tobacco is concealed in some of the cheaper brands of cigarettes.

TEA AND COFFEE

NEITHER tea nor coffee is a food, beyond the milk or the sugar with which it is accompanied.

Coffee should be taken at breakfast only, or in small quantities after the last meal of the day, so as not to interfere with sleep.

Tea is not harmful if properly infused, and consumed only in moderate amount. On the contrary, I know nothing more sustaining as a drink, even for the manual labourer, than a cup of good tea with some milk added. Tea has been accused of causing indigestion. No such blame is due, in the vast majority of cases, though here and again there may be some individuals whose peculiarities or idiosyncrasies will not allow them to drink this beverage. Besides the sustaining power of tea during muscular exertion, it is also a nerve stimulant, and a good one too. Inquire of the mental workers in our great departments of the State whether they have experienced anything but good to result from their four o'clock cup of freshly infused tea. There will be

an almost unanimous verdict in favour of the refreshing drink.

It is the tea meal that is injurious. One or two cups of innocent India or China tea, accompanied by two rounds of greasy toast, or a crumpet, with a thick slab of heavy cake in addition, are often followed by indigestion, and its accompanying mental irritability. But the pure leaf is not at fault.

Tea and coffee have also been blamed for causing palpitation and many other disorders and discomforts. When properly made, as an infusion in the case of tea, and a quick decoction in the case of coffee, and not taken to excess, or too strong, they are enjoyable and beneficent beverages, which one can take during prolonged muscular efforts, or serious mental exertions.

Tea should be made with water at the boil. Do not use water that has been boiled some time, since it has now become stale and has lost its 'nip.' After the tea has 'stood,' or infused for five minutes, pour it all out of the pot, so as to prevent contamination by the tannin contained in the stalks of the leaves, but which only appears in solution after the lapse of a longer period.

An excellent and sustaining drink can be made by tying up a teaspoonful of tea in a muslin bag, and

pouring over it a mixture of boiling milk and water, in equal parts.

As a thirst quencher there is nothing better than a cup of tea with a squeeze of lemon juice in it, according to the custom, as I am told, of the Russians.

Similarly in the case of coffee, the decoction should be made quickly, using recently ground berries. The ready ground coffee found in many establishments is largely adulterated with chicory and other cheap substitutes. An earthenware vessel, and not a metal one, is essential for a perfect cup of this fragrant and grateful beverage. The best coffee, however, is made by pounding freshly roasted coffee beans in a mortar, and then pouring boiling water on it, as in making tea. After it has 'stood' for five minutes it is fit to drink. The true aroma and flavour of coffee is only obtained in this way.

Some of the drawbacks to temperance are the nastiness and the cost of most temperance drinks. I have had to pay sixpence at a railway station for a cup of some abominable compound called 'coffee,' served in a thick and coarse cup. Any refreshment bar ought to supply a cupful of perfect coffee for twopence, and even then to make a good profit. The ability to obtain a cup of properly made coffee would

do more to promote temperance than any prohibitive legislation.

Cocoa as a food is much over-rated. It has very little food value itself; but some benefit is derived from the sugars, starches, and fats which it contains, and the milk with which it is combined or mixed.

A caution is here necessary. Cocoa contains an alkaloid which, in my experience, may be harmful to many sensitive constitutions. It should not, therefore, be taken recklessly, or even in large quantities, as it is by no means the ideal beverage which some people imagine it to be. It is not suitable for the middle aged, except as an occasional drink. It should certainly be avoided by them quite as much as beers and stout.

It will be seen, therefore, that I am in favour of tea and coffee as beverages. Do not listen to croakers who urge that they cause indigestion, or palpitation and other disorders of the heart.

The very fact that millions of people drink tea and coffee daily and suffer no inconvenience, but on the other hand derive benefit and refreshment, is in itself a favourable and conclusive experiment and trial. The few who are placed under some discomfort by the cheering cup must be guided by their own

experience. I have often observed that a diatribe against tea and coffee is uttered by those who have a leaning towards alcohol. Of the two excesses, alcoholism is more dangerous to health and to life than is intemperance with either tea or coffee.

CLOTHING

DO not wear too much or too heavy clothing, as it tends to lessen your bodily activity, and so produces stoutness. The reason why the poor often wear superfluous garments is their inability to obtain sufficient good and nutritious food. They endeavour to make up for the loss of caloric, due to want of food, by wearing as many garments as they can procure. Really very little change in clothing is required for a healthy man or woman of middle age, between midsummer and midwinter. Possibly a warmer top-coat, or a heavier jacket may be allowed in winter ; but beyond this no warmer clothing should be necessary.

Socks are better for men's wear than stockings, as they allow a freer play for the calf muscles. In any case, avoid garters or other suspenders which encircle the legs. Varicose veins are often caused, and certainly are aggravated, by such unnecessary bindings.

An abdominal belt should be worn by middle-aged men and women who have a tendency to cor-

pulency. The support afforded by such an article of dress is most useful in preventing the dropping or displacement of the abdominal viscera. When displacement of the abdominal viscera is well marked, it constitutes a recognized grave disease. This condition is, even when partial only, often a serious one, causing much discomfort and distress; and in addition, is a fertile cause of constipation. Certain mental derangements have been attributed to this disorder, and there can be no doubt as to the correctness of this view in many instances.

A so-called cholera belt may be worn with advantage, especially by men who have lived long in the tropics. There is not much support afforded by this form of belt, but it certainly is a preventive of lumbago; and the testimony of all men who wear this binding is so emphatic in its favour, that it cannot be ignored.

A well-made corset is a requisite garment for a woman. It supports important organs and viscera, and also tends to prevent obesity. People who inveigh against the wearing of the corset by women, forget that a properly made one is no impediment to respiration seeing that the type of breathing in a woman is distinct from that of a man, being upper costal and not lower costal. In other words, a

woman breathes chiefly by the upper zone of the chest, whilst a man breathes by the lower zone.

See that your foot-wear is carefully made and fitting properly. The boots and shoes of the present day, especially women's, resemble in shape no naturally formed feet. The buckled shoe of the Georgian period was an admirably shaped protection to the foot, but it will not find favour with the present day, when people are such slaves to fashion and appearances.

Corns and bunions are evidence of badly fitting boots and shoes. A bunion is an inflammation of the principal joint of the great toe, due to the foot being squeezed into absurdly narrow boots which cause the big toe to ride outwards towards its fellows, thus exposing the joint, which is close under the skin, to undue pressure, and ultimately to inflammation. Surgical operation is often a requisite treatment, and no such operation is without some risk.

VENTILATION

THOUGH a modern house is not so stuffy and ill-ventilated as that in which our grandparents lived, there is still much to be desired in the ventilation of our own dwellings. The majority of the inhabitants of this country have a rooted objection to fresh air. In villages this objection appears to be even more marked than in towns. When I order a bedroom window to be opened, I am often met by an opposing remark about a 'thorough draught.' No one was ever made ill by a thorough draught of fresh pure air. If the movement of the atmosphere in a room (proof itself in many instances that the room is ill-ventilated) causes discomfort, this can be overcome by a careful management of windows and doors, or by putting extra clothing on the bed.

Your bedroom should contain at least seven hundred cubic feet of air ; and this should be renewed during the day and night by having the window opened quite four inches at the bottom, and six inches at the top. The window must be opened at

the bottom as well as at the top to obtain an exchange of air. By these means a constant supply of fresh air is secured during sleep, which is thus rendered more sound and refreshing. The languid feeling on rising as though one 'had not had a wink of sleep all night' is most frequently consequent on sleeping in a foul atmosphere.

Ventilate your offices, if your employment compels you to work in an office. I have been in some banks and many offices in which the atmosphere has been really poisonous ; and the same remark applies to many places of worship. Office headache and anæmia are conditions well known to medical men.

In my experience the most offensive atmosphere is found in the small, imperfectly ventilated closets called offices at railway stations ; and it has often been a wonder to me how the ticket clerks who live in these confined rooms all day long, survive the severe test to which their health is subjected. The germs of consumption lurk in dark, ill-ventilated rooms : they do not flourish in well-ventilated places where there is an abundance of sunshine.

A striking confirmation of the necessity of fresh air is found in nature. If we catch or examine fish from a pond which, however extensive in area or in depth, has no inlet or outlet, we shall find that the

fish are small, inactive, always out of condition, and not numerous. On the other hand, a smaller pond or lake, which has a stream of fresh water (oxygen) running in at its top end, and an unimpeded outlet, always contains larger and better conditioned fish.

CLEANLINESS—BOWELS—TEETH— BLADDER

CLEANLINESS is an important factor in the maintenance of health. The body should be washed thoroughly once a week at least. The daily tub is a useful cleanser, owing to the scrubbing and scraping effects of the subsequent rough towel. The skin wants constant cleansing, as it contains less fat, and exudes less moisture than in early life. There is therefore more work thrown on the kidneys and bowels. Why then increase this extra work by uncleanliness? Some medical men, who speak of the evil effects of washing, can have had no great experience in the practice of their profession. The unwashed skin reveals itself, whether in the outpatient room or in the luxurious bedroom. No amount of scent will disguise it. An unwashed skin favours disease of that organ. It is also a well-known fact that the more serious affections of the skin are met with in the poorer and unwashed members of the community. Or, to put it in a

different way, certain affections of the skin are in no small degree due to, or at least aggravated by, uncleanliness. A Turkish bath will reveal, even to those of cleanly habits, the amount of filth and impurities which easily accumulate on the skin. It is therefore advisable for every one, if possible, to have a vapour bath at least once a month, even if daily ablutions are carefully performed. It is not necessary to go beyond the first room of a Turkish bath. It cannot be too strongly urged that a clean skin is conducive to health, whilst an unwashed skin equally predisposes to disease.

Do not be a slave to the daily cold bath. It is all very well for the young and vigorous to take the cold morning tub; but some circulations and constitutions will not bear the shock. It is only the very few who can with impunity take a cold plunge in the Serpentine every morning throughout the year. Let those who really enjoy such trials, and boast about it, do so. But the ordeal is not fitted for the majority of people, and it is attended by no small risk, except to those whose circulations are most vigorous, and respond quickly to reaction after the sudden shock. After middle life has arrived you will be better advised to bathe at home, and even then to modify the austerity

of the cold bath by raising its temperature to at least 60° Fahr.

Bowels.—A daily evacuation of the bowels is an essential to health. We medical men know of many people who have relief only twice or thrice a week, or even less often, and who yet appear to enjoy rude health. These, again, are exceptional people.

Constipation is common in all classes, and many ailments of the flesh have been attributed to this condition. The advertisements of pills and other forms of aperient medicine are evidence of this. Do not swallow such medicaments without due inquiry. The majority of these patent medicines contain aloes, or aloin; and the constant regular habit of taking such remedies often leads to hæmorrhoids (piles) and other disorders of the lower bowel.

Much of the constipated habit can be overcome by a careful diet, and a regular attempt, at a certain and fixed hour of the day, preferably after breakfast, to obtain relief. By such means many a sufferer has been cured without resorting to physic. In many cases the bowel will respond after a few days to such a simple line of treatment. Assistance may be afforded by a free vegetable and fruit dietary, and by sipping, not rapidly drinking, half a pint of tepid water on going to bed, and again on the morrow,

on rising. It is necessary not to neglect this daily habit of relief to the bowels. Constipation very often is a sequel of neglect or indifference, and as a rule it leads to mental lethargy and muscular inactivity, besides other serious bodily ailments. Women are, apparently from a sense of modesty, more frequently indifferent to the risks of this neglect than are men. But in both women and men inattention to the daily evacuation of the bowels is a source of many disorders, both local and constitutional.

The retention of refuse matter in the lower intestine is a danger to health, owing to the absorption of putrefactive germs. These germs are really virulent poisons, and as an eminent bacteriologist has shown, produce premature old age and death. Therefore never neglect or postpone Nature's call, if you value your health.

Teeth.—The teeth require the daily attention of a searching tooth-brush and the periodical inspection of a dentist. It is better to cleanse the teeth on retiring to bed. The remains of starchy and sugary foods which lurk in the gums and between the separate teeth are a fertile source of caries ('decay'). Better a well-mended tooth than the most skilfully made false one. Neglect of the teeth may lead to

suppuration of the gums and of the teeth sockets, a troublesome and offensive disease, which in not a few instances I have known to lead to sepsis (blood poisoning) and death. And when the suppuration has once gained a firm foothold a complete denture may not only be advisable as an aid to digestion, but absolutely necessary for the maintenance of health. A healthy middle age and a hale and hearty old age are found most frequently in those people whose teeth are sound or well-mended.

It is a good plan to use a disinfecting gargle two or three times a week, especially when epidemic diseases are prevalent. The very large percentage of sufferers from rheumatism and rheumatic fever have diseased tonsils ; and it is highly probable that the rheumatic poison gains entry to the blood through these diseased tonsils. Even if these glands are not diseased, they have to resist the onset of other poisons which may gain their entry to the system through our food.

Bladder.—From middle age onwards the urinary bladder tends to alter in its shape, so that if relief is not allowed of when the natural call arises, this organ sags and forms a pouch behind the outlet. This condition, it is true, seldom calls for treatment in middle life ; but a neglect to empty the bladder

in due course may, and often does, cause trouble in after life, with consequent demands for surgical help requiring the greatest skill. Lawyers, judges, musicians, and those whose occupations entail long hours of close sedentary work, without intervals, are the most frequent sufferers. As age advances the bladder becomes less tolerant of its contents, and its coats become thickened. If these conditions are brought on in middle life, the man is really older than his years. The call for emptying the bladder in due season is as important as, or more important than, the necessity for emptying the bowel. This admonition should not be neglected, though I know that the after effects of neglect are really some of the products of civilization. Be this as it may, there is abundant evidence to prove that much distress and discomfort in after life is produced by inattention to the functions of the urinary bladder. This organ is only a reservoir, but the pain and distress caused by its repletion is a useful warning that its relief should be at once effected. Retained urine decomposes in the bladder, and causes a low form of inflammation of the lining membrane of that cavity. As a result of this what is known as 'catheter life' may be the experience of men who have neglected simple precautions. Now the man who is a subject of

bladder trouble is always in danger. The disease of the bladder may extend up to the kidneys, or it may require serious treatment by a most skilled surgeon. In not a few instances have I known old men upbraid themselves for their own neglect to respond to the calls for emptying the bladder, when in their more active money-making days.

SLEEP

THE busy man, whether a brain-worker or a manual labourer, requires plenty of sound sleep. Do not listen to people who sneeringly talk about 'eight hours for a man, nine hours for a woman, and ten for a fool.' There are many occasions when a man requires even twelve hours' sleep, though ten should suffice most people. There is much wisdom in the anxious mother's desire to let her child 'have his sleep out'; and after an exhausting day's work, the middle-aged person should also 'have his or her sleep out.'

Retire early to bed, and sleep as long as you may : you will probably not sleep longer than you require.

'Tired Nature's sweet restorer, balmy sleep.'

Neglect nothing in order to secure a good night's repose. The cares of this world will, without any help, give you as much broken rest as you should bear. If staying in a strange house or hotel, have your bed arranged and made to your custom and liking. Let your pillow be raised. Some people cannot sleep unless they lie in the direction north to south, with

the head to the north. Even if this is only a fixed idea that you have, it is well not to ignore it ; or a restless night, with some little, though unnoticed, damage to the nervous system may ensue. Indeed the injurious effects of insomnia and of broken rest are probably not gauged, even by the medical profession. Certain it is that bad sleepers are indifferent workers, and in many cases, short lived. And the effects of a sleepless night cannot be so well tolerated as it was in early manhood.

If, therefore, you find that you sleep badly, try some one or other of the following remedies. Before going to bed do not study. Your days for this are almost past. And do not read, unless it be the lightest literature. Do not play chess, or indulge in other strenuous mental games. Better perform some light manual work, such as carpentering, wood-carving, or wood-turning. If doubtful of being able to sleep, take a hot bath ; or even a cold shower-bath, followed by a brisk rubbing ; or indulge in light dumb-bell exercise, or in skipping.

An excellent remedy if sleep does not arrive, is a cup of hot milk, or soup, or beef tea. Or better still, have prepared for you some hot onion-porridge. This is made by gently stewing a small Spanish onion in milk for half an hour or longer, until the vegetable is quite soft and tender. This porridge may then

be consumed with a slice of toast. Few people appear to be cognizant of the virtues of the onion. Cooked in the above manner it is a valuable, if little known, remedy for sleeplessness. But whatever warm food we take to procure sleep, it is to be recognized that the crowded circulation through the brain, which is one of the great factors in insomnia, is diverted towards the stomach in order to carry on digestion. We should bear in mind that our last meal having been taken, say, at eight o'clock, the stomach is now at 11 P.M. almost empty. I have in my own person frequently experienced the value of one or other of the above-named foods in procuring sleep, even when consumed at 2 A.M.

If these simple remedies fail, a trial should be made of change of air. In this country there are certain localities which are noted for the soporific effects of the atmosphere. The mountainous districts of Mid Wales, or the shores of Cardigan Bay, or the Highland districts of Braemar in Scotland, are places where I have found that patients who suffer from insomnia have derived great benefit and relief. Failing these resorts, it may be well to try the still higher altitudes, say four thousand feet of the Alps.

But never, if sleepless, resort to any drug, except after good medical advice. Many a victim to morphia or other hypnotic can be traced to the care-

less use of a prescription given by a friend, or to the ignorant advice proffered by a layman. The drug habit is quite easily acquired, but it is extremely difficult to get rid of, and in my experience it is worse than alcoholism in this respect.

I cannot urge too strongly that sleeplessness can be cured, and that it should be cured without resorting to drugs. The careless use of narcotics to procure sleep should be sternly censured, as in countless cases it has been the starting-point of a drug habit.

And there is one feature of the drug habit which is not found in alcoholism. I refer to the apparent callousness and indifference which the sufferer exhibits to the pain, distress, and degradation which his indulgence inflicts on his best friends, or on those who are dependent on him. The drunkard has remorse at times, the morphia-taker never.

I have seen some men, and fewer women, cured of alcoholism ; but I have met only one or two instances of drug habit (morphinism) having been overcome.

It is wrong to go to bed with cold feet, especially if your circulation is poor ; for cold feet and hands are signs of a feeble circulation. Some people may lie awake half the night because they cannot get warm ; and to obtain the wanting warmth, or at least to minimize the cold, they lie huddled up in the bed, with arms and legs bent, and so, possibly, a restless,

short sleep is obtained, at the expense of cramps in the arms and legs, and an unrefreshed brain. If such be the experience of any man or woman of middle age, the help of a warming-pan should not be despised. Why such a useful article of domestic furniture should ever have been discarded I am at a loss to divine. It is a very essential article in every household, and its place is only imperfectly filled by the hot bottle. Even the hot bottle, rubber or earthenware, is better than a cold bed, as it allows the legs to be straightened out and proper rest to the muscles to be obtained. For it must be remembered that the position of man during sleep is for the body to be straight with the arms at the sides and the legs extended ; quite different to the position of the lower animals, which lie curled up as much for protection as for warmth. A requisite caution is necessary in the use of earthen or of rubber vessels. The former should be completely wrapped in a flannel case so as to prevent any part of the feet touching any exposed portion of the bottle ; otherwise there is the danger of a burn blister forming by its contact with the bare skin, even though the temperature of the bottle may not seem to be very great. A similar precaution should be taken to cover up all the brass cap or stopper of a rubber bag.

EXERCISE

THE middle-aged man and woman should still take a fair amount of bodily exercise. The motor-car, the omnibus, and other cheap methods of locomotion must be blamed for much of the ill-health found in the middle and upper classes. Remember that the time of your greatest muscular activity has passed for ever. But you can keep yourself in condition, and therefore in good health, by steady and regular exercises.

Lawn tennis is not the best game for the middle aged. You have to play with a moving ball, and an active young girl on the other side of the net keeps you on the run all through the 'set,' with the result that an enfeebled heart or a brittle blood-vessel may be unduly tested.

There is no better exercise than walking, during which exercise most of the muscles of the trunk and the limbs are brought into action and kept in condition.

Golf is an ideal game for those who have passed the meridian of their bodily vigour, and who can

afford to play it. Here you can take your own time in walking up to and striking at a stationary ball, and with the additional advantage of fresh air and pleasant scenery.

But even golf may have to be forbidden in some instances. Much will depend on the player's temperament. If he play, not so much for the game but with his eye on the scoring card, he may do harm to himself rather than good. The fretting and the fuming because he fails to urge a ball into a series of tin cans in so many strokes, produce a wear and tear on his nervous system quite as damaging as, say, watching a tape-record of stocks and shares. I will give a good example of this. Three men of middle age consulted me one summer just before going to the south coast for their holidays. They were in no way related to each other, but all had a valvular affection of the heart. I was asked by each, 'Can I play golf?' I could best answer that question by experiment, and as I was about to go to a place at the seaside which possessed a hilly golf course available to all of us, we fixed up a 'foursome.' Taking our time during the contest I found that the occasional sharp climbs did not affect any of them. But on the last green, when one of the players had to win the hole and the match, he nearly fainted

after his stroke, and his heart's action was palpably disordered. Golf to him was evidently not a recreation, but the reverse ; and I advised gentle cycling instead in his case. Here my patient's nervous system, as well as his circulatory system, was at fault.

Again, how often do we hear of men rushing away from London, taking the boat from Dover to Calais, then the train to Switzerland, and on the morrow after their arrival attempting some difficult climb which requires the skill of an acrobat and the training of an athlete. Such men often return from their so-called holiday with dilated or otherwise damaged hearts. Even trained soldiers came back from the Boer War with dilatation of their heart's cavities, due to the strain of racing up steep hills, notwithstanding that they were, in most instances, supposed to be in good condition.

Your cricket days are also over ; and it were well to remember this. When playing cricket you are not your own master, as you are at golf. Your batting companion, and your opponents in the field also, make you run. And then the time comes when you also have to race after the ball. Your heart may be too vigorous for your changed blood-vessels, one of which may burst or leak. Or again, your heart

itself, though serving you well in the daily routine of ordinary life, will not bear the strain of chasing a ball, though you may be urged on by the shouts of your fellows.

Even grouse-shooting and salmon-fishing are not without their risks to your health. Some moors require a stiff climb to the butts. If so, hire a pony, if you can get one.

Your '18-foot' salmon rod had better be exchanged for a lighter one of '15-foot.' You will fish even better with it, and with more comfort. I write thus, remembering two men, each about fifty-five years of age, who would, though cautioned, climb the hills with the youngest of their parties. Their holiday, in each case, ended with disaster. And another patient persisted in wielding a '20-foot' salmon rod, with the result that a heart, known to be affected, but which was, with care, good for another ten or twelve years, suddenly failed.

When you go for a holiday leave your business behind you. It is not generally known by the public that every mental process means an access of blood to the brain. Therefore after a year of much mental stress and worry, your brain requires repose: its vessels must have some of their tension relaxed. Consequently it is not wise, when you go for a holiday,

to have letters, telegrams, and business worries sent on after you. Even in your everyday life it is better not to carry on severe mental work in the evenings, after busy days at the desk or on the mart. If, during the day, you are a brain-worker, it is unwise to spend late hours over, say, a serious and severe match at chess.

Do not carry home documents and papers which require active mental exertion. The tired brain, except in rare instances, cannot cope effectually with the extra strain, and the work will not be efficiently performed. You should leave work when your work hours are over. Many men fail in late middle age owing to their keeping late hours, not at play or recreation, but at tasks which should have been done the previous morning, or could with advantage be deferred till to-morrow. Work hard and play hard, but each only in due season. There is no more pregnant medical dictum than 'Care killed the cat.' Those of us who can secure the greatest freedom from worry and anxiety will, other things being equal, best preserve health in middle life, and enjoy a vigorous old age.

The annuitant lives long, though he may have a serious malady. The man who has to strain to maintain a family, or to keep up a false position,

often sinks under the load, though he is apparently of good constitution.

One caution is necessary about motoring. The present-day craze is *speed*. The man possessed of a motor-car appears to have one chief thought, viz., to travel from one place to another in record time. He misses the charms of the country through which he rushes. He creates an abnormal appetite, and eats to excess at the end of his journey. He would do himself more good if he alighted from the car and walked the last ten miles. His lust for speed is often followed by the worry of a police summons, the appearance before a bench of magistrates, and the false swearing that his car cannot run more than twenty miles an hour; all the time forgetting that he had boasted to his companion that he had done the last fifteen miles at the rate of forty miles an hour. Holidays such as these are injurious to health and had better be avoided. He would find more rest to his brain, and less strain on his heart and vessels, if he worked in his garden. If he must use his car let him travel with ease, dignity, and calmness. He will then neither injure himself nor his fellow-men, and his reputation for veracity will not be at risk.

Cycling is an excellent exercise for those whose obesity is chiefly of the abdominal type, as the pedal

action produces such a healthy action of the abdominal muscles. By means of the cycle many corpulent men and women may keep their girths within due proportions, and the unwieldiness of frame, which is a real source of ill-health and of danger, is thus markedly diminished. Unfortunately for the middle aged, the fashionable motor car has taken the place of the humbler but more health-giving cycle.

Gardening, again, is an ideal recreation for the middle aged, as well as for the more robust. The rest of mind and the contentment which a well-stocked garden affords, is only secondary in its medical importance to the gentle physical exercise which it demands. But a garden entails a country, or at least a suburban residence. And a caution is necessary to the middle-aged man, who, besides cultivating his garden, has the necessity of gaining his living in London, or in a town at some little distance. He should select a locality which has a good train service. The mental worry consequent on missing the 8.47 up train, there not being another till 9.59, which means missing an appointment, or the loss of the 'turn' in the market, or possibly a reprimand, is not conducive to health and longevity, notwithstanding the healthy surroundings of the home. And in

addition, the panting race, possibly up-hill, oftentimes required of a stout, middle-aged man, who must catch this 8.47 train, is distinctly harmful, and not infrequently dangerous. The daily press often records deaths under such circumstances, and I have had to advise some patients to give up their pretty country residences, and to live in houses nearer their work, though in less charming environment.

After any exercise which has caused a copious perspiration, do not sit down to cool, but, as soon as possible, and without delay, have a warm bath, and wash the body thoroughly with soap. Otherwise the perspiration dries on the body and blocks up the pores of the skin, thus forming a kind of superficial varnish. Many serious illnesses date from a neglect of this simple precaution. There is more danger than is commonly supposed in allowing perspiration to dry on the body, though much of the sweat may have been absorbed by flannel garments. Every experienced trainer who knows his business, attends to the athlete after his exertions are over in the manner which I have mentioned above.

The rule to be observed here is to take regular and moderate exercise, and in the open air, if possible. But avoid too vigorous muscular exertion, especially if performed suddenly or when out of condition.

Men, and also women, whose occupations are sedentary, and with little or no opportunities for active muscular exertion, can improve their physical condition and health by practising respiratory exercises. An excellent plan for accomplishing this is to stand erect with feet close together and hands placed on the hips ; then the body should be gently swung round (not bent) on the hips from side to side ; at the same time the lungs are filled to the utmost capacity, and the air then expelled. In other words, breathe in and breathe out to the fullest extent whilst the trunk is rotated on the hips first to the right and then to the left.

This exercise should be done daily for five minutes in a garden or other open space if possible, and failing this, in a well-ventilated room. This deep breathing exercise has a double action. It exercises the muscles of the trunk and also those concerned in breathing, and it also allows a free exchange of gases in the deepest part of the lungs.

Swedish exercises are too exacting and are not fitted for middle-aged people.

But rowing or sculling are admirable exercises for both sexes. If a beginner be properly instructed, he or she will soon acquire a correct method and action. The advantage of this exercise lies in the

fact that most of the muscles of the body, legs, arms, trunk, are brought into play. Rowing does not engage the muscles of the upper and lower limbs only ; the abdominal muscles also are employed and strengthened, and consequently the lax abdominal wall of the stout person is braced up ; the abdominal girth is lessened, the figure greatly improved, and health restored or maintained. The river should not therefore be the playing ground of the young and active only. Middle-aged matrons and stout fathers should be often seen rowing together.

A comfortably cushioned launch with a well-filled luncheon basket leads to idleness, and promotes the obesity which active work with sculls would keep in bounds.

RECREATION—REST

RECREATION and rest are as essential for the brain and nervous system as they are for the body. Therefore endeavour as much as possible to avoid undue mental excitement. Do not allow a possibly inherited quick temper to gain the mastery when you are subjected to trivial irritation. A placid temperament is conducive, not only to bodily health, but also to longevity. Bear in mind that not only every mental process is accompanied by extra flow of blood in the vessels of the brain, but that excessive excitement so unduly increases the blood pressure or tension in these vessels, that a rupture (hæmorrhage) may occur, especially if there is any degenerative change in the coats of the vessels. And it is well known to medical men who have had much experience in post-mortem examinations, that disease of the cerebral vessels is very common even in patients who were middle aged, or even younger, at the time of their deaths. There are many causes of these degenerative changes ; but one of the most

potent causal factors is the pace at which we live. We sacrifice too much in our desire for speed, not only speed in locomotion, but in our methods of feeding, in our desire to rapidly achieve some object, and in our often vain endeavour to acquire wealth and position. These struggles have an injurious effect on the central nervous system, and also on the heart and blood-vessels, which only the most healthy and vigorous can tolerate.

Whilst on the subject of mental worry, I may state that I know nothing which is more calculated to maintain health, both of mind and body, than a sufficient policy in a sound life assurance office. Many a man has his life shortened by the knowledge that his dependents are inadequately provided for in case he should die. But a well-secured policy allows one to sleep at nights, and so health and life are preserved and prolonged.

An annuity is almost as good a health preserver, but not quite; since the benefit of an annuity is vested in the individual, and ceasing at his death, may leave his wife and children impoverished when that event occurs. It is the latter consideration which should weigh, and does weigh, heaviest on a man who has a proper sense of his responsibilities. But this anxiety being removed or lightened, tends

to procure him a longer life and a healthier existence.

Middle-aged women should not worry over trifles, or magnify small troubles. The servant question is becoming an acute one in middle-class households. But a woman especially should remember that the perfect servant is rare, and even possibly does not exist. It would be better therefore for the health of the mistress if she quietly overlooked little mistakes in the performance of the servant's duties, and if she would let many things slide, provided such lapses are not inconsistent with a fair discharge by the servant of her duties. The ribbons and laces of domestic service cannot be made to match and fit with the accuracy of a dressmaker's art. Many a woman needlessly frets herself into an illness, or a nervous breakdown, because some servant is not quite according to pattern.

It will thus be seen that the preservation of health does not rest entirely on the powers of the doctor, or in the efficacy of pills and tabloids. Much may be done by the individual following the ordinary common-sense rules of living, of eating, of drinking, of exercise, and also of mental repose.

If possible the middle-aged wife, or the woman who is gaining her own living, should have at least

one month's entire holiday a year. She should go away from her home and its surroundings, and its worries and cares.

But it is no holiday for her, if her husband takes a house at the seaside, or a shooting-box in Scotland, in order to entertain a round of friends. Unless the income be a large one and able to afford an efficient housekeeper, all the cares of a household which ought to have been left at home still sit heavily on her. She still has the bothers of servants, of supplies, and of irregular meals. Nay, probably her troubles are increased; for she never can be sure whether her thoughtless husband will not unexpectedly bring in 'two extra' for lunch, or 'three more' for dinner. And the Stores are not exactly in a neighbouring street.

For the wife's health she had better go to some good hotel at a fashionable seaside resort, such as Trouville or Ostend, where she can, if she so please, feast her eyes on the newest styles in millinery, and obtain change in diet and in environment without any trouble or anxiety to herself.

Or should she be bound by the ties of a family, she may obtain the required rest in a country house, or in a cottage on some healthy moor, where she can lay aside the necessity for display and cares of

housekeeping, or let them devolve, without much discomfort, on the shoulders of a grown daughter.

What I wish to impress on middle-aged women and men is that their holiday should be a real one, if it can be afforded. It is a waste of time and money to leave the harassments and vexations of household cares at home, in order to take them on again in the country or at the seaside. A complete change of environment as well as of diet are the essentials of a good, health-giving holiday.

The brain-worker, if tired and fagged, would do well to obtain recuperation by filling his day with some employment which is a complete change. The neurasthenic has been overstraining his brain and nervous system. For, notwithstanding some opinions to the contrary, neurasthenia is, with very few exceptions, confined to the more intelligent members of the community. Patients suffering from this disorder are barristers, clergymen in heavy parishes, doctors, high-grade civil servants, members of the Stock Exchange, college tutors, statesmen, and the like : in short, it is an ailment of the finer than of the coarser fibred brain.

For such people I recommend a sea voyage, such as a trip to Egypt, or the Cape, or the West Indies ; and that they should fill up their spare time with no

greater mental exertion than is required for the reading of some trashy novel, or the piecing together of a jig-saw puzzle.

One of my patients, a barrister, went to a farm in the autumn and helped to garner the potato crop. Another, a college tutor, went to a crofter's holding and tried his hand at the plough, though he found it difficult to make his straight furrow-line lie evenly between two points. They both returned refreshed in health and restored in mental vigour. In such cases as these it should be remembered that it is best to tire the man Adam, and leave the brain to go fallow for a time.

CONCLUSION

ALTHOUGH the advice in the foregoing chapters is meant to apply to those persons of middle age who are really well, it is desirable to give some warning to such as have an ailment, slight though it be. And even those who have some serious organic disease may prolong their lives by attention to certain rules as to diet, exercise, and environment, which I have indicated.

Never neglect any slight ailment. Even a common cold, which is really an infectious fever, should be nursed and tended, if you wish for a speedy recovery, and the avoidance of possibly serious complications. The diseases which are common in the cold weather of winter and spring are more fatal to middle life than the ailments of summer. A sore throat may be the initial sign of some serious malady. A slight looseness of the bowels is often during autumn the first symptom of typhoid fever. It is not my object to alarm my readers by indicating the various diseases which are ushered in by trivial symptoms, but it should be urged that

there is really nothing to gain, and possibly there is much to lose, by a careless indifference to the minor maladies of everyday life. I find this warning is especially necessary to poorer patients whom we see in our hospital out-patients' rooms.

On the other hand, it is wise not to magnify the importance of every slight, but possibly chronic, disorder. Many a man has been pushed, as it were, into premature old age by being told that he has something wrong with his heart, or his kidneys, or other organs. Some people appear to be only too happy in having an actual, though not necessarily immediately fatal disease, with its consequent nursing, over-strict dietary, visits to health resorts, and the like. Such people often die prematurely, not so much from disease of this or of that organ, but from the valetudinarianism which has been acquired by overstudy of their complaints. A slight heart affection may be converted, as it were, into a mental disorder by mismanagement. Care, without fussiness, is all that is required of such patients. The cracked vase often survives its sounder fellow, because ordinary precaution is taken with its handling.

The patients with slight incurable ailments, and there are many such, who spend a deal of their time and money in visiting various consulting-rooms,

would be better if they only went for advice to one doctor who understands their cases, and who can conscientiously give a cheery advice.

The fashionable and prevalent neurasthenia of the present day is accentuated and prolonged, and even made chronic by the sufferer brooding over his ailment.

The records of our almshouses, and other retreats, prove that even with severe disease many people live to good old age. They have left the stream of struggling life, and retired to a peaceful back-water, where they survive in contentment and in happiness for many years.

The effect of a placid mind and contentment are powerful factors in prolonging life, even in those who have actual disease.

It will be seen by those who have read the foregoing chapters, that much stress has been laid on the evils and diseases which we bring on ourselves. We may with care, having arrived at middle age, live healthy lives, and even attain old age. But we should, in order to secure these objects, attend to these rules :

(1) Not to eat too much, neither of proteids, nor fats, nor of starches and sugars.

(2) Consume alcohol sparingly and not carelessly.

(3) Smoke in moderation only, and especially avoid the cigarette habit.

(4) Take exercise in moderation, so as to help to keep the body fit and in condition, but not in order to create a false appetite for more food than is necessary.

(5) Do not fret or worry about small affairs. The stress of ordinary life is unavoidable, and should not be unnecessarily increased.

(6) Secure good sound sleep, and plenty of it.

(7) If possible buy an annuity to vest at a certain age, say fifty-five.

(8) Insure your life adequately, so that in case of serious illness your mind may be easy and your sleep undisturbed.

(9) Do not neglect even a common ailment.

(10) On the other hand, having some organic disease, do not dwell on it or brood over it, but follow the advice of one doctor in whom you have confidence.

Moderation is the bed-rock on which we should establish our rules of life. Excess in any direction is usually harmful. With ordinary precautions in observing the ordinary sound rules as to sanitation, clothing, food, drink, exercise, etc., even a delicate middle-aged man or woman may live to good old age.

Finally, it should be borne in mind that if a person of middle age has not been vaccinated since childhood, he or she is in danger should an outbreak of smallpox occur. Those who deride the efficacy of successful vaccination speak only with the assurance which is the offspring of ignorance. Therefore I would urge revaccination as a sure preventive of smallpox. But I often think that there is some truth in the brilliant cynic who said (I quote from memory) : ' It is wrong to give advice, especially good advice.' Obstinate people do not thank you for it, and even resent it.



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